

3.2 Find How Many Carbs You Need a Day in Four Steps

I. Choose a Calorie Factor That Matches Your Activity Level

My Average Daily Activity Level Is:	My Calorie Factor Is:	
	male	female
Very Sedentary: Slow walking, mostly sitting.	13	11.5
Sedentary: Walking, bowling, fishing or similar activities.	14	12.5
Moderately Active: Dancing, 18 hole golf, pleasure swimming, etc.	15	13.5
Active: 20 min. or more of jogging, swimming, or similar activity 3+ times a week.	16	14.5
Super Active: One hour or more of vigorous activity 4 or more days a week: football, weight training, full court basketball.	17	15.5

My Calorie Factor Is: _____

2. Find Your Daily Calorie Requirement

Multiply your current or desired body weight by your calorie factor.

$$\frac{\text{_____ lbs}}{\text{weight}} \times \frac{\text{_____}}{\text{calorie factor}} = \frac{\text{_____}}{\text{daily calorie need}} \text{ calories/day}$$

3. Select a Carb Percentage Factor

The USDA Dietary Guidelines recommend that healthy diets contain 45 to 65% of calories from mostly complex carbs. To convert a daily calorie requirement into grams of carb for a 30% carb diet use a carb % factor of 13.3 in Step 4, for 35% use 11.4, for 40% 10.0, for 45% 8.93, for 50% 8.0, for 55% 7.25, for 60% 6.67, for 65% 6.17, and for 70% use 5.71.

4. Find How Many Grams of Carb You Need a Day

To find the grams of carb you need a day, divide your daily calorie requirement from Step 2 by your Carb % Factor from Step 3.

$$\frac{\text{_____}}{\text{daily calorie need}} \text{ calories/day} \div 10^* = \frac{\text{_____}}{\text{carb grams per day}} \text{ grams/day}$$